

# I Lived It

Compte: 32

Mur: 2

Niveau: Beginner

Chorégraphe: Karolina Ullénstäv (SWE) - March 2018

Musique: I Lived It - Blake Shelton : (Album: Texoma Shore - 3:43)



Tag: 4 counts after wall 1 and after wall 4

Tag: 4 counts: RF rock step forward, recover and RF rock step back, recover

Intro: 16 counts, BPM 83

## Section 1: Heel forward, toe back, shuffle forward x 2

- 1 Put RF heel forward (facing 12.00)
- 2 Put RF toe back
- 3 RF step forward
- & LF step beside RF
- 4 RF step forward
- 5 Put LF heel forward
- 6 Put LF toe back
- 7 LF step forward
- & RF step beside LF
- 8 LF step forward

## Section 2: Heel grind with a ¼ turn right, rock step back and do a heel grind again with a ¼ turn right and a coaster step

- 1 Put RF heel forward
- 2 Turn ¼ right on RF heel (facing 03.00)
- 3 RF rock step back
- 4 Recover onto LF (weight on LF)
- 5 Put RF heel forward
- 6 Turn ¼ right on RF heel (facing 06.00)
- 7 RF step back
- & LF step beside RF
- 8 RF step forward

## Section 3: Weave with a side shuffle to the right and a ¼ turn right, step turn ½ right and shuffle turn ½ right

- 1 RF step right
- 2 LF step behind RF
- 3 RF step right
- & LF step beside RF
- 4 RF turn ¼ right and step forward (facing 09.00)
- 5 LF step forward
- 6 LF turn ½ right ending with weight on RF (facing 03.00)
- 7 LF turn ¼ right stepping left (facing 06.00)
- & RF step beside LF
- 8 LF turn ¼ right and step back (facing 09.00)

## Section 4: Rock step back, recover, shuffle forward, side rock step left, recover and turn ¼ left, coaster step

- 1 RF rock step back
- 2 Recover onto LF (weight on LF)
- 3 RF step forward
- & LF step beside RF
- 4 RF step forward

- 5 LF rock step left
- 6 Recover onto RF (weight on RF)
- 7 Turn  $\frac{1}{4}$  left and step LF back (facing 06.00)
- & RF step beside LF
- 8 LF step forward

**Tag: 4 counts after wall 1 and after wall 4:**

- 1 RF rock step forward
- 2 Recover onto LF (weight on LF)
- 3 RF rock step back
- 4 Recover onto LF (weight on LF)

**Enjoy!**

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